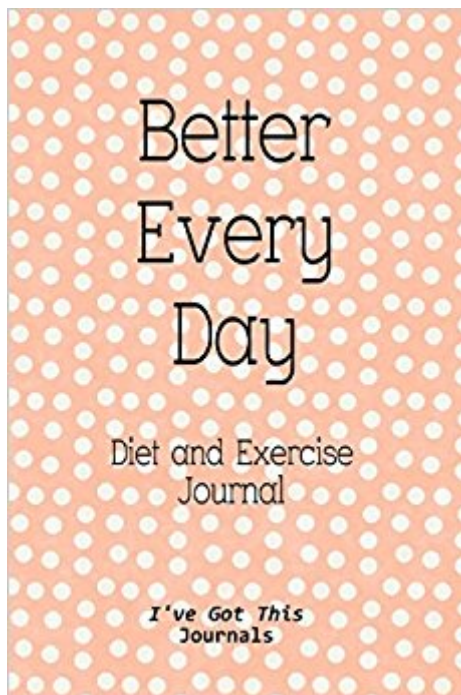




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# Diet And Exercise Journal: Better Every Day (I've Got This Journals) (Volume 7)



## Synopsis

Diet and Exercise Journal, Volume 7, "Better Every Day" by I've Got This Journals. Reviews of our earlier cover design editions; all have the same great content, only different covers: "Great journal for keeping track of workouts and food intake"; -review "Love this book!" -review "This gives me an idea on how to keep track on what I eat and what works for me. I always go back to the date where it works best and to keep on track" • January 2017: Now the I've Got This "Diet and Exercise Journals" are available in even MORE cover selections, 10 cover designs in total! "Cheerful Leaves and Flowers", and "Red Blossoms". Click on the I've Got This Journals author page to view all of our new additions; be sure to buy I've Got This Journals for the same great content pages inside! All of our journals are identical inside, with space for 90 days of entries. New! For a great companion to your diet and exercise journal, grab a copy of the Diet and Exercise Word Puzzles! Forty word puzzles, ten types in all - focus on your healthy lifestyle while solving health-oriented puzzles. Available now on : <https://www..com/dp/1543130631/> Research shows that keeping a food diary aids and supports weight loss " for just one example, Kaiser Permanente Care Management Institute's Weight management Initiative has recommended food journaling as a strategy for losing weight since 2002. Also, a Kaiser Permanente researcher found that losing as little as five pounds can reduce the risk of developing high blood pressure by 20 percent. I've Got This Journals are designed for everyone who wants to increase their success rate in losing weight by keeping a food journal. I've Got This Journals, paperback with matte finish, give you a place to formalize and record your plan - and much more: • Set Up Your Plan, & Review after 90 days: Pages to record your current info and your plan/goals, and pages at end to record weight/info at goal date. • Food diary: track your intake for 3 meals plus 3 snacks. • 8 per day: Keep track of the glasses of water you drink per day (8 water glasses to cross off as you drink) • Vitamin(s): Record when you've taken them if applicable • Weigh in: Record your weight, whether you wish to do so daily or weekly • Exercise: Record your exercise for the day " including the # of steps for the day from your pedometer • Motivation: Record words or thought for the day; as well as a place to note what went well with your diet goals today " and if anything to improve upon, such as certain situations that either help or hinder your diet and exercise goals. • Reflection: What went well today with your diet and exercise? Good triggers? Things you noticed that helped you stick to your plan? How will you keep this in your plan? What didn't go as well today? Bad triggers? Things that didn't help you stick with your plan? How will you avoid this next time? Be sure to check out the new Diet and Exercise Motivations Coloring Book! With 30 motivational words coloring design pages, it's a great companion to your Diet and Exercise

Journal. You can find it on Iâ€™ve Got This Journalsâ€™ Author Page here on .

## Book Information

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## Customer Reviews

It's so light weight and conspicuous in terms of a fitness journal. I love how many different things you can list. Keeps me on track WAY more than using an App on my phone.

After much searching this journal is exactly what I wanted. It starts with a goals page, then each week has a week in review page. Each charting page has weight, breakfast, snack, lunch, snack, dinner and snack section. Also 8 cups of water to check off. Has a little section for exercise, type, circuits and #of reps. Good buy for the price

Purchased this for food log prior to surgery. It has enough room to write out other daily activities. Examples how many glasses of water drank, activities of exercise, space for me to keep up with glucose / blood sugar readings, ped steps. Really awesome. Love it.

Easy to use and small enough to place in a purse.

I just started eating healthy and writing in this cute little book keeps me accountable. I love it!

I was hoping for more room to journal my private thoughts. This is good to keep track of what your

eating.

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New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1)

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